

Panhandle Health District  
8500 Atlas Road Hayden, ID 83835  
(208-415-5100)  
Kootenai County Resource List (September 2010)

**Family & Community Health Programs:**

- Family planning services (sliding fee scale)  
415-5270 appointment line
- STD Appointments: 415-5270
- Immunizations 415-5270
- Women's Health Check (mammograms and Pap tests  
for low income women ) 415-5270
- Child Find developmental screening 769-1409
- Helping Hands Medical access (Resource Nurse) 415-  
5270
- Child Care Resource Center 415-5145  
Referral serv. /day care provider training
- WIC Program 415-5130  
Women, Infants, and Children  
Nutrition & Breastfeeding support

**Health Services**

**Dental Services:**

- Caring Foundation For Children  
free dental w/no ins. 208-395-7741
- Dirne Dental 292-0697 M-Thur  
8-12, 1-5pm Medicaid patients only  
Fri. only for Emerg. extractions
- Chas Dental 509-434-0308
- EWU Dental Hygiene School  
Discount rates 509-368-6510

**Medical Services/general**

- Benewah Medical Center 800-325-7371
- CHAS 509-444-8200  
(Community Health Assoc. of Spokane)
- Dirne Comm. Health Center 292-0292
- Idaho Careline call 211 or  
800-926-2588 [www.idahocareline.org](http://www.idahocareline.org)
- Infant Toddler Program 769-1409  
Developmental disabilities service  
Call for screening & financial aid info
- Kootenai Med. Center 666-2000
- NIAC North Idaho Aids Coalition (testing) 665-1448
- Shriners Hospital 888-895-5951
- Spokane County Health Dept  
509-324-1500
  - Immunizations 509-324-1600
- Minor Care Walk-in 772-7850  
265 W. Prairie Shopping Center

**Pediatricians**

- Coeur d'Alene Pediatrics 667-0585  
700 Ironwood Dr. #102
- Lakeside Pediatrics 292-5437  
980 W. Ironwood Dr. #302

**Women & Pregnancy Health Services**

- Anthony, Randall, and Andrew Henneberg, MD 765-  
4888
- Birthright of North Idaho 664-1390  
923 Sherman Ave. CDA ID 83814  
Pregnancy testing and baby clothes
- CASI Foundation  
2308 N. Cole Road #E, Boise, ID 83704  
208-376-0558 Adoption services
- Health Care For Women /Jon Cutting, MD/Brett  
Penney, MD 765-1455
- Idaho Youth Ranch 667-1898  
2201 N. Gov't Way Suite J CDA  
Adoption, maternity support, foster care licensing
- Kootenai Medical Center Hospital  
Childbirth & Safe Sitter classes 666-2030
- Mother's Haven 676-1300  
2112 N. Gov't Way CDA. ID.  
Retail store with classes for new mothers and breast  
feeding info
- Open Arms Pregnancy Care Center 667-5433  
1111 Ironwood Dr. Suite B CDA  
Free PG tests, post abortion counseling
- Planned Parenthood of Spokane  
123 E Indiana Suite 100, Spokane 509-326-2142  
10525 E Trent, Spokane 509-922-2528
- Women's Clinic 664-3101 Ambrose, Sanderson,  
Woods OB/GYN

**Specialists**

- Dr. Richard Samuel (family doctor) 772-5204  
8880 N. Hess St. Suite 1 Hayden
- Dr. Carderelli (Dermatologist) 667-2485  
2271 Ironwood Center Dr. CDA
- North Idaho Urology 667-0621  
980 Ironwood Dr. Suite 104
- North Idaho Gastroenterology 667-5483  
1607 N Lincoln Way CDA
- Kootenai Surgery Associates 667-1588  
700 Ironwood Dr. Suite 304 CDA

**Medication Assist Program**

- RX Idaho...call 211 for information
- [www.CanadaDiscountRX.com](http://www.CanadaDiscountRX.com)
- [www.rxassist.com](http://www.rxassist.com) Pfizer Rx Assist  
1-866-706-2400
- [www.chantix.com](http://www.chantix.com) Smoking cessation product info
- [www.idahoquitnet.com](http://www.idahoquitnet.com) 1-888-280-2265

**Pharmacies with reduced prescription prices:**

- Wal-Mart 777-4502
- Fred Meyer 665-4733

### **Self-Reliance Programs**

- CPR Classes Adult/infant Rachelle 777-1330
- SL Start 762-3377 Job Placement
- TESH 765-5105 services for the developmentally disabled
- Job Service 769-1558  
24 hour hotline 769-1550

### **Family Support Programs**

- ICARE Children and Family Advocacy Center 676-1515
- North Idaho College Head Start 666-6762
- Mountain States Early Head Start 765-6955
- Parents Encouraging Parents (303) 866-6600
- PROP 769-1409 Parents of kids with disabilities

### **Social Service Agencies**

- **ID Dept of Health and Welfare** 769-1456
- Child Support services 769-1413  
1120 Ironwood Dr. CDA, ID 83814  
Medical, Medicaid, Food stamps
- ID Housing & Finance Assoc.  
667-3380 rental assistance and low income housing
- **Kootenai County Assistance 446-1880**  
Emergency medical/dental/generic meds, housing & utility
- Social Security 623 Wallace (800) 772-1213
- Veterans Services 777-6097
- American Red Cross 800-853-2570  
411 W. Haycraft Suite D2

### **Legal Service Providers**

- Kootenai County Prosecutors 446-1800  
Victim Assistance Services
- Legal Aid 667-9559  
[www.idaholegalaid.org](http://www.idaholegalaid.org) (New self-help forms)

### **Mental Health Services:**

- H&W Adult Mental Health 769-1406  
2195 Ironwood Court, CDA.
- Dirne Counseling 292-0303

### **Drug Treatment Services**

- Alcoholics Anon. & Al-Anon 667-4633
- Narcotics Anonymous (888) 624-3577
- Kootenai Behavioral Health 666-3890
- Port of Hope 664-3715
- Safe Place/Teen AA group 676-0772
- Anchor House 667-3340

### **Transportation**

- Citylink [www.idahocitylink.com](http://www.idahocitylink.com)  
877-941-7433 (CDA Casino answers)
- Sunset Taxi 664-8000
- Taxi by Hall 664-2424
- KMC Van 666-2100

### **Crisis Agencies:**

- Amend Center 665-2432  
Counseling & support for men only
- Child Protective Services (CPS) 769-1515 Report abuse or neglect of children under 18
- Kootenai County Crisis 664-1443  
crisis counseling & referral services
- Oasis 773-1080 Victim services for domestic violence, sexual assault, and child abuse shelter & support groups  
1717 E. Polston Post Falls
- Sexual Assault Crisis Line 24 hr 661-2522 850 N 4<sup>th</sup>, CDA (shelter, domestic violence/rape crisis support)
- Women's Center 24 hr. crisis line  
664-9303

### **Food Banks:**

- Athol Food Bank 30355 3<sup>rd</sup> 683-2101  
M-T 9-12, 1-3
- Bonner Comm. Food Bank 921 N. 5<sup>th</sup> Ave. (Sandpoint)  
208-263-3663 M-F 9-3pm
- CDA Food Bank 664-8757  
4144 W. Industrial Loop M-F 9-3
- Lake City Comm. Church Food Bank  
676-0632 Contact Sandy Johnson or Rick Croyle  
1650 Lee Ct. Wed. 10-4
- Post Falls Food Bank 773-0139 415 E 3<sup>rd</sup> M-F 9-2
- Rathdrum Food Bank 687-3696  
8027 W Main M-TH 10:00-4:00
- Real Life Ministry Food Bank 777-7325  
1866 N Cecil Post Falls Tues, Wed, Thurs-10-1
- Spirit Lake Food Bank  
623-3107 Wednesdays 12:30-3pm
- St. Pius Food Bank 765-5108 T-F 9-12

### **Meals and Shelters**

- 1st Presbyterian Church 667-8446  
Mon 5-6:30 dinner/Thurs 11:30-12:30 lunch
- Friends Church 772-7544 Shelter  
for those on probation/parole/opt rehab
- Harding Family Center 666-6755  
411 N. 15<sup>th</sup> St. CDA Meal Sun-4:30-5:30
- 7th Day Adventist Church 664-5473  
111 Locust Ave. CDA (clothing only) T,W 9-12
- St. George's 773-4715 2010 N. Lucas St. Post Falls  
Thursday meal 4-5:30
- St Pius 765-5108 meal on Fridays 4:30-5:30  
Also shelter for women and children
- St. Vincent De Paul 664-3095  
108 E. Walnut, CDA shelter, transitional housing, clothing, furniture, some prescription help

### **Other Resources**

- KMC Health Library 666-3498
- Post Falls Lions Club 699-4829 Financial assistance for the eyes. Contact Bob Huboff. **Limited to PF residents only.**